SELF-QUARANTINE GUIDANCE FOR CLOSE CONTACTS TO COVID-19

Disclaimer: guidelines for self-quarantine are subject to change as the situation changes.

Why is it important to self-quarantine?

Quarantine is necessary to prevent the spread of COVID-19 and to detect the virus early if you do have COVID-19 so you can start treatment early, if needed. Below are the most recent recommendations from the CDC.

What steps should I take?

If you:
Are ages 12 or older and are boosted
OR
Are ages 5-11 and completed 2 doses*
OR
You had confirmed COVID-19 within the last 90 days and had a positive viral test

Then:
- Wear a well-fitted mask around others for 10 days. The date of last close contact is considered day 0.
- Test on day 5. If you test positive follow isolation guidance.

If you develop symptoms get tested and stay home.

If you:
Are ages 12 or older and are not boosted.
OR
Are ages 5-11 and have not completed 2 doses*
OR
Received a single dose of Johnson &Johnson vaccine over 2 months ago and have not received the booster.
OR
Are unvaccinated

Then:
- Stay home for 5 days (see below for guidance). The date of last close contact is considered day 0. After that, continue to wear a well-fitted mask around others for 5 additional days.
- If you can't quarantine you must wear a well-fitted mask for 10 days.
- Test on day 5. If you test positive follow isolation guidance.

If you develop symptoms get tested and stay home.

*An additional 3rd primary dose and a booster is necessary for individuals who are immunocompromised. More guidance can be found at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html

How should I monitor my health during this period?

Monitor your health for signs and symptoms of COVID-19 which may include; fever or chills, cough, shortness of breath or trouble breathing, new loss of taste or smell, fatigue, nausea, vomiting, diarrhea, muscle aches, sore throat, headache, or congestion or runny nose

What should I do for quarantine?

- Stay home and away from other people for at least 5 days after your last contact with a person who has COVID-19. Wear a well-fitting mask when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for COVID-19 symptoms .
- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations.
- If you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
    - If you test negative, you can leave your home, but continue to wear a well-fitting mask when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
    - If you test positive, follow isolation guidance.
    - If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without COVID-19 symptoms throughout the 5-day period. Wear a well-fitting mask for 10 days after your date of last close contact when around others at home and in public.
    - Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days.
- Do not travel. Get tested at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days.

What if I develop symptoms?

If you develop cold or flu-like symptoms, you should get tested. For local testing options, visit https://www.como.gov/coronavirus/novel-coronavirus-2019-covid-19/ and click on "Local Testing for COVID-19". At-home test kits are also available at pharmacies and other retailers. If you test positive with your at-home kit, please contact Columbia/Boone County Public Health and Human Services at coronavirus@como.gov. If you need to go to the Emergency Room or call 911, let them know you have been exposed to COVID-19.

What should I do if I have additional questions?

Visit our website como.gov/coronavirus/ for more information and guidance. Please call your PCP for any questions related to your health. If you have any additional questions email coronavirus@como.gov.

Columbia/Boone County Department of Public Health and Human Services

CoMo.Gov/Coronavirus/

1/19/2022

city of Columbia
Columbia/Boone County
Public Health & Human Services